

Be Safe!

What to do if Caught in a Winter Storm

Outside:

- ❄ Find shelter:
 - ✓ Attempt to stay dry
 - ✓ Cover all exposed body parts
- ❄ If there is no shelter available:
 - ✓ Build a lean-to, windbreak, or snow cave for protection from the wind
 - ✓ Build a fire for heat and to attract attention
 - ✓ Place rocks around the fire to absorb and reflect heat
- ❄ Melt snow for drinking water:
 - ✓ Eating snow will lower your body temperature



In a Vehicle:

- ❄ Stay in the vehicle:
 - ✓ You will quickly become disoriented in wind-driven snow and cold
 - ✓ Run the motor about 10 minutes each hour for heat
 - ✓ Open the window a little for fresh air to avoid carbon monoxide poisoning
 - ✓ Make sure the exhaust pipe is not blocked
- ❄ Be visible to rescuers:
 - ✓ Turn on the dome light at night when running the engine
 - ✓ Tie a colored cloth, preferably red, to your antenna or door
 - ✓ After the snow stops falling, raise the hood to indicate you need help
- ❄ Exercise:
 - ✓ From time to time, move arms, legs fingers, and toes vigorously to keep blood circulating and to keep warm.

Inside:

- ❄ Stay inside
 - ✓ When using alternate heat from a fireplace, wood stove, space heater, etc. use fire safeguards and properly ventilate
- ❄ If you don't have heat available:
 - ✓ Close off unneeded rooms
 - ✓ Stuff towels or rags in cracks under doors
 - ✓ Cover windows at night
 - ✓ Eat and drink. Food provides the body with energy for producing its own heat. Keep the body replenished with fluids to prevent dehydration
- ❄ Wear layers of loose-fitting, lightweight, warm clothing. Remove layers to avoid perspiration and subsequent chill



Family Disaster Plan:

- * Gather information about hazards
 - ✓ Contact your local NWS office, emergency management office, and American Red Cross chapter. Find out what type of disasters could occur and how you should respond. Learn your community's warning signals and evacuation plans. Assess your risks and identify ways to make your home and property more secure
- * Meet with your family to create a plan
 - ✓ Discuss your plan with your family. Pick two place to meet: a spot outside you home in an emergency, and a place out of the neighborhood in case you can't return home. Choose an out-of-state friend as your "family check-in" contact for everyone to call if the family gets separated. Discuss plans if asked to evacuate
- * Implement your plan!
 - ✓ Post emergency phone numbers by the phone
 - ✓ Install safety features in your home, suck as smoke alarms and fire extinguishers
 - ✓ Inspect your home for potential hazards (items that can move, fall, break or catch fire) and correct them
 - ✓ Have you family learn basic safety measures, such as CPR, AED, and first air; how to use a fire extinguisher, and how and when to turn off water, gas and electricity in your home.
 - ✓ Teach children how to call 911 and other emergency numbers
 - ✓ Keep enough supplies in your home to last at least 3 days. Assemble a disaster supplies kit. Keep important documents in waterproof containers. Keep a smaller disaster kit in your car.
- * Practice and maintain your plan
 - ✓ Ensure your family knows meeting places, phone numbers and safety rules. Conduct drills, and stay informed!

What to include in your disaster supplies kit:

- * A 3-day supply of water (one gallon per person, per day)
- * Food that won't spoil
- * One change of clothing and shoes per person
- * One blanket or sleeping bag per person
- * First aid kit
- * Prescription medicines
- * Emergency tools
- * Battery-powered NWR
- * Portable radio
- * Flashlight with extra batteries
- * Extra set of car keys
- * Cash and a credit card
- * Special items for infants, and elderly or disabled family members

